



YOU MOVE. WE GUIDE.



Active Living for Wounded, Ill, and Injured Sailors and Marines

Personal excellence.

Your personal best is in reach and active living can help you reach it. Active living during and post-recovery from a wound, illness, or injury may include performing functional movements and core-strengthening exercises required for completing daily activities effectively and injury free. It may include starting or modifying an existing workout program to improve your physical fitness. With the right regimen, you can improve your physical and mental health and accomplish goals you may have thought were out of reach. As a Navy and Marine Corps resource for active living, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department offers you resources to help you find ways to be active. Whether your goal is to lift groceries with ease, find a workout regimen to get in shape, or train like a professional athlete to compete in the Warrior Games, we can help you meet your fitness goals.

Let's get you moving.

You are resilient. You've already demonstrated that you can overcome challenges. Engaging in physical activity provides an opportunity for continued personal growth and achievement. This will lead to success throughout the continuum of active living, from performing daily activities with ease to competing as an athlete. Adapting, adopting, and modifying various fitness exercises can also assist with recovery and overall physical fitness. Speak with a health care provider to find out what movements they recommend for you.

The core of it all.

The core is the foundation of the body's movement. You gain strength and stability from your core. Maintaining balance requires core strength. Running, lifting, or throwing a ball requires core strength. A strong core also helps prevent injuries. You can perform

core strengthening exercises at any point in the active living continuum to improve fitness.¹

Exercise good judgment.

Physical activity is an important factor in successful recovery from a wound, illness, or injury, and for continued healthy living. It will help you increase your sense of well-being, decrease stress, lead to better sleep, strengthen muscles and bones, and decrease your chance of becoming depressed or improve your mood if you are already suffering from depression.²

Athletic excellence.

Sports and recreation can contribute to successful rehabilitation from a wound, illness, or injury. Finding a sport you enjoy, such as basketball, cycling, or softball provides the opportunity to engage with others in a shared activity while working towards optimum physical fitness. If you're looking to take your fitness to the next level, you can train for an athletic competition to challenge your mind and body, optimize your fitness, and achieve excellence in performance.

Start your journey.

We are here to support you and point you toward resources that will help you reach your fitness goals. Whether your goal is to improve functional fitness, refresh a workout with a new or modified routine, become a competitive athlete, or return to active duty, the Navy and Marine Corps Public Health Center has resources available to assist your efforts.

To learn how our resources and tools can help facilitate recovery and strengthen resilience, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX.

1 Peak Performance: Core Strength. Human Performance Resource Center. <http://hprc-online.org/physical-fitness/training-exercise/exercise/cardio-strength-and-flexibility/peak-performance-core-strength-pdf>. Accessed March 2015.
2 Roy T, Springer B, McNulty V, et al. Total force fitness for the 21st Century a new paradigm. Military Medicine. August 2010;175(Supplement):14-20. <http://www.dtic.mil/cgi-bin/GetTRDoc?Location=U2&doc=GetTRDoc.pdf&AD=ADA528391>. Accessed April 2015.

For more information on your local resources, contact:



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